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ELECTRONIC THESIS AND DISSERTATION UNSYIAH

TITLE

HUBUNGAN SINDROM METABOLIK DENGAN BENIGN PROSTATIC HYPERPLASIA (BPH) DI RSUDZA BANDA ACEH

ABSTRACT

ABSTRAK

Salah satu penyebab Benign Prostatic Hyperplasia (BPH) diduga Sindrom Metabolik (SM). Parameter SM pada penelitian ini berdasarkan konsensus internasional dari International Diabetes Federation (IDF). Tujuan penelitian ini adalah untuk mengetahui hubungan SM dengan BPH di RSUDZA Banda Aceh. Jenis penelitian ini adalah analitik observasional dengan pendekatan cross sectional. Teknik pengambilan sampel yang digunakan accidental sampling dengan sampel 30 responden. Pada penelitian ini didapatkan responden dengan BPH yang memiliki kadar trigliserida ≥ 150 mg/dl (1,7 mmol/L) atau sedang dalam pengobatan spesifik untuk kadar lipid yang abnormal sebanyak 69,2%; kadar kolesterol HDL < 40 mg/dl (1,03 mmol/L) atau sedang dalam pengobatan spesifik untuk kadar lipid yang abnormal sebanyak 76,9%; tekanan darah tekanan darah sistolik ≥ 130 mmHg atau tekanan darah diastolik ≥ 85 mmHg atau sedang menjalankan pengobatan hipertensi atau telah didiagnosis hipertensi sebelumnya sebanyak 84,6%; dan kadar gula darah puasa ≥ 100 mg/dl (5,6 mmol/L) atau telah didiagnosis diabetes tipe 2 sebanyak 92,3%. Data selanjutnya dianalisa dengan uji Chi Square. Hasil analisa data diperoleh p value sebesar 0,399 (p value $> 0,1$). Kesimpulan dari hasil penelitian ini adalah tidak terdapat hubungan antara sindrom metabolik dengan Benign Prostatic Hyperplasia (BPH) di RSUDZA Banda Aceh.

Kata kunci: Sindrom Metabolik, Benign Prostatic Hyperplasia (BPH)

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ABSTRACT

One of the causes of Benign Prostatic Hyperplasia (BPH) is thought to be the Metabolic Syndrome (MS). The MS parameters were defined by an international consensus of International Diabetes Federation (IDF). The purpose of this study was to determine the relationship between MS and BPH at RSUDZA Banda Aceh. This study was an observational analytical with cross sectional study design. The sampling was used accidental sampling technique as many as 30 respondents. In this study, respondents with BPH had triglyceride levels ≥ 150 mg/dl (1.7 mmol/L) or were in specific treatment for abnormal lipid levels as much as 69,2%; HDL cholesterol levels < 40 mg/dl (1.03 mmol/L) or were in specific treatment for abnormal lipid levels as much as 76,9%; blood pressure systolic ≥ 130 mmHg or diastolic ≥ 85 mmHg or were taking hypertension treatment or had been diagnosed hypertension previously as much as 84,6%; and fasting blood sugar ≥ 100 mg/dl (5,6 mmol/L) or had been diagnosed diabetes type 2 as much as 92,3%. The conclusion of this study is that there was no relationship between metabolic syndrome and Benign Prostatic Hyperplasia (BPH) at RSUDZA Banda Aceh.

Keywords: Metabolic Syndrome (MS), Benign Prostatic Hyperplasia (BPH)